Hanna’s food journal

Breakfast

* Bagel w/ strawberry cream cheese – Grains and Dairy.
* Orange juice – Fruit & Vegetables

Lunch

* Grilled cheese ( Cheese, bread, butter)- Dairy and Grain
* Celery – Fruits & Vegetables
* Chocolate Milk – Dairy

Supper

* Steak or Chicken – Meat and Alternatives
* Corn – Fruit & Vegetables
* Green Beans – Fruits & Vegetables
* Potatoes – Fruit & Vegetables
* Cooked Carrots – Fruits & Vegetables
* Garlic Toast - Grain
* Water

Snacks

* Apples – Fruits & Vegetables
* Granola Bars – Grains
* Ice cream – Dairy
* Eggs – Meat and Alternatives
* Ice Tea

In Manitoba we can get our bread, corn, potatoes, green beans, carrots, chicken and eggs from Portage La Prairie which is less than 8-10 hours of travel. We can get out beef and dairy products from Swan river. We can’t however get celery, apples, or ice tea anywhere close.